

# Panhandle Health District 2009 Annual Report



## The Year of H1N1

*"I just want to say thank you to all of you for providing the H1N1 vaccine to all the school children. I have a 10-year-old daughter and I am very grateful for what you are doing. Thank you very much."*

--Scott Sauve, parent

## Mission

*To prevent disease, disability and premature death; to promote healthy lifestyles; and to protect the health and quality of the environment.*

## Board of Health

Bonner  
County



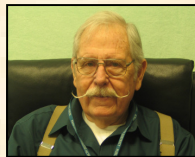
Dale Van Stone

Bonner  
County



Allen Banks, PhD

Boundary  
County



Walt Kirby

Benewah  
County



Chairman  
Marlow Thompson

Kootenai  
County



Dr. Richard  
McLandress

Shoshone  
County



Jon Cantamessa

Kootenai  
County



Vice Chairman  
Chris Beck

## 2010 County Commissioners

### Benewah County

Chairman Jack Buell  
Bud McCall  
Christina Crawford

### Bonner County

Chairman Joe Young  
Lewis Rich  
Cornel Rasor

### Boundary County

Chairman Ron Smith  
Dan Dinning  
Walt Kirby

### Kootenai County

Chairman Rick Currie  
Rich Piazza  
Todd Tondee

### Shoshone County

Chairman Jon Cantamessa  
Vern Hanson  
Vince Rinaldi

# Greetings from Jeanne Bock, Director



The Panhandle Health District faced a gauntlet of challenges in 2009. The budget shrunk by more than \$200,000 from the year before. The struggling economy increased the need for services, but the size of PHD's staff fell to 124 people from a high of 161 in 2006. And a flu pandemic hit the area before vaccine was available.

Luckily, the people who work for PHD are dedicated experts in their fields and devoted to the public health mission.

The sour economy played havoc with PHD's operations. More people needed nutrition counseling and supplemental foods through the federal Women, Infants and Children (WIC) program for families on limited incomes. But, because of budget cuts, PHD staffed fewer people to meet that demand.

Need for some Environmental services decreased with the building industry's slow-down. But staff in Environmental wear many hats and every position was still needed to maintain the program's integrity. So, seven workers solved the problem by voluntarily reducing their hours per week for six months.

As the economy crumbled, H1N1 hit. Communicable disease outbreaks are the unique responsibility of public health districts. We train year round to respond to and manage such an event, and the training paid off. Our expertise plus federal money for outbreak response allowed us to meet the urgency of pandemic outreach.

We hired more than 70 part-time workers to offer vaccinations to the 200,000-plus residents of the five northern counties. PHD shifted into emergency mode and dedicated some of its most experienced people to the outbreak for months. H1N1 focused a spotlight on public health and, despite shortages in money and people, PHD proved it was up to the challenge.

The gauntlet, though, hasn't ended. 2010 brings more budget struggles. PHD faces the challenge of meeting public expectations with shrinking resources. We're working with others to continue, in the wake of state budget cuts, immunizations with fees based on income for all children to control the spread of preventable diseases. PHD is ready for the challenges. Join us this year as we take more and more creative approaches to safeguarding the public health of northern Idaho.

## Public Health Team



### Mary DeTienne, Director Home Health

- Home Health Care - skilled care for homebound
- Senior Companions - volunteers helping frail seniors with chores and more



### Jim Fenton, Fiscal Director

- Financial management
- Purchasing
- Contract and Risk Management

### Lora Whalen, Director Family and Community Health



- **Clinical Services** - Family planning; STD Testing and Education; Women's Health Check; Susan G. Komen Breast Cancer Screening; Infertility Prevention Project; Pregnancy Testing
- **Epidemiology** - Communicable Disease and Food-borne Illness Epidemiology; Disease Surveillance; Tuberculosis Control; HIV/STD Epidemiology and Partner Notification; Health Alert Network
- **Immunizations** - Childhood and Adult Immunizations; International Travel Immunizations; Immunization Registry
- **Family Services** - Child Find, Helping Hands Medical Access, Child Care Resource Center
- **Women, Infants and Children (WIC)** - Nutrition Education, Supplemental Food Program
- **Health Promotion** - Diabetes Awareness; Idaho Physical Activity and Nutrition Program; Injury Prevention; Tobacco Prevention and Education; Millennium Fund Tobacco Cessation; Adolescent Pregnancy Prevention; Chronic Disease Management



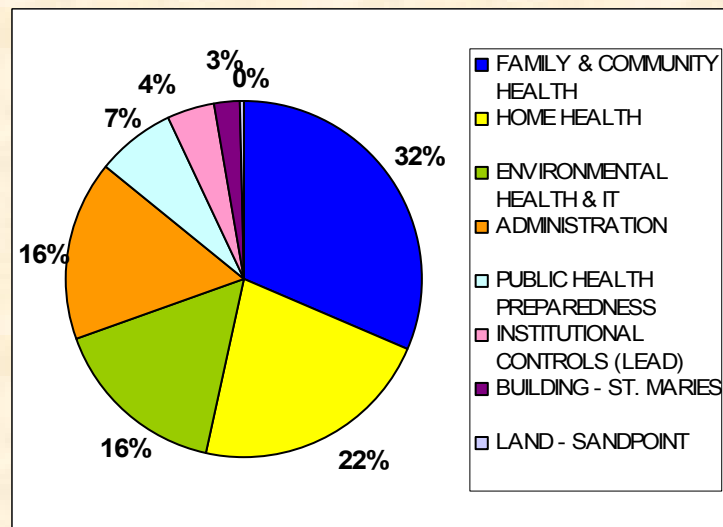
### Dale Peck, Director Environmental, Response and Technology

- **Environmental** - Food Inspection and Permits; Sewage and Solid Waste; Indoor Air Quality; Public Pools; Public Water Systems; Land Development; Child Care Inspection
- **Information Technology** - Information Systems, Telecommunications, Applications Support and Training
- **Preparedness** - Preparedness Planning, Readiness Assessment, Public Information, Training and Exercises

# Finances

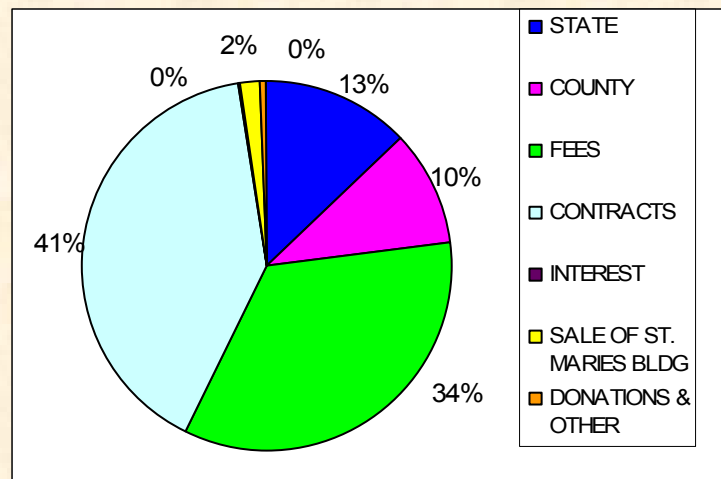
## FY 2009 ACTUAL EXPENDITURES

Family and Community Health	\$ 3,275,145	31%	Personnel	\$ 7,114,367	68%
Home Health	2,301,982	22%	Operating	2,860,669	27%
Environmental Health & IT	1,702,149	16%	Capital	505,411	5%
Administration	1,703,726	16%			
Public Health Preparedness	777,845	7%			
Institutional Controls (Lead)	418,526	4%			
Building - St. Maries	274,949	3%			
Land - Sandpoint	26,125	0%			
<b>TOTAL</b>	<b>10,480,447</b>		<b>TOTAL</b>	<b>10,480,447</b>	<b>100%</b>



## FY 2009 ACTUAL REVENUE

State	\$ 1,360,800	13%
County	1,061,056	10%
Fees	3,572,054	34%
Contracts	4,216,586	40%
Interest	50,242	0%
Sale of St. Maries bldg.	175,000	2%
Donations & other	50,437	0%
<b>TOTAL</b>	<b>10,486,175</b>	<b>100%</b>





## Monitoring health status and understanding health issues



H1N1 influenza stretched from April through the end of 2009, causing at various times fear, apathy, panic and frustration. PHD was H1N1 central in the five northern counties:

- Monitoring flu
- Guiding the outbreak response
- Vaccinating
- Educating
- Providing constant public information

- PHD's Home Health division was honored with its fifth consecutive national award for exceeding patient expectations for quality of care, reliability and personalized service.
- PHD screened 501 people for breast cancer through Komen for the Cure. 947 women were screened for breast and/or cervical cancer through Women's Health Check--641 through PHD and 306 through private medical providers.
- Screenings resulted in diagnoses of 9 breast cancers and 13 cervical cancers.
- PHD saw 4,440 clients a total of 8,525 times for family planning services.
- PHD tested 98 men and 117 women for HIV.
- PHD provided a variety of reproductive health services to 648 men.

## Protecting people from health problems and health hazards

As school absentee rates headed upward and H1N1 demonstrated that its main target was people under age 25, PHD directed the first vaccine to reach the area to schools for vaccinating children. PHD distributed early vaccine to pediatricians and obstetricians to vaccinate first people found to be at the highest risk from H1N1.

While vaccine was limited, PHD taught the public symptoms to watch for and prevention practices, and connected people through the PHD website to all the H1N1 information they could use.



- PHD gave 7,932 vaccinations to adults and children to reduce the spread of disease.
- PHD gave 2,240 adult flu shots
- PHD gave 230 child flu vaccinations
- PHD gave 25,000 H1N1 vaccinations

**Fit and Fall Proof**, a senior fitness program offered through PHD to reduce the risk of falling, averages 20 free classes per month in the five northern counties. More than 560 seniors participated in the classes taught by seniors trained by master trainers.

***"At least once a month I ask if anyone has fallen. We haven't had anyone fall in more than a year. The statistics with this program are phenomenal." -- Jeanette Judd, Bestland activity director***



Project Filter's SmokeFree83 race car and driver Tyler Bailey visiting St. Maries Middle School

### Through PHD's Tobacco Cessation program:

- 116 teens completed Teen Tobacco User classes in Kootenai County. 44% quit and 41% reduced use by the end of class.
- 89 adults completed the tobacco cessation program. 42% quit tobacco and 43% reduced use by the end of the four-week course.
- 64 clients in the Women, Infants and Children program completed the tobacco cessation program. 25 % quit tobacco use and 70% reduced use.
- 29 schools received tobacco prevention and cessation resources.
- 35 community events included tobacco prevention and cessation displays.

## Giving people the information they need to make healthy choices

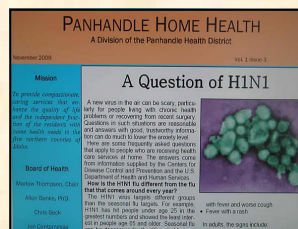
- PHD launched a new website designed to provide easy access to as much information as possible from which to make healthy choices. During the H1N1 outbreak, information often was updated several times each day, first on a page designated for emergency information, then on webpages dedicated to H1N1.
- PHD activated an H1N1 information hotline for nearly three months, providing information to more than 5,000 callers.
- PHD educated the public about H1N1 through dozens of presentations to businesses, governments, schools, fitness groups and community organizations.



***"The (H1N1) information you shared has been MOST helpful. Thank you very much for this information and taking the time to talk to me. It has been very beneficial in helping us make decisions in our district."***

**—Robin Stanley, Superintendent, Mullan School District**

- PHD conducted 12 free Living Well in Idaho workshops that teach people how to manage chronic disease and take charge of their health to avoid the need for expensive hospital treatment.
- PHD published informational articles in the local media and on its website on how to screen and prevent colon cancer; a federal nutrition program for women, infants and young children; H1N1; West Nile virus; and breast cancer screening.



PHD's Home Health division reached hundreds of homebound patients with information about H1N1 influenza through its Home Health Newsletter, providing them with the information they needed to decide if they should get the vaccination.

## Engaging the community in identifying and solving health problems



**2009 H1N1 Flu Summit** - More than 76 representatives of schools, governments, response agencies and the medical community gathered at PHD in August to work out a plan to prepare for and respond to H1N1 in the five northern counties. The Flu Summit sparked partnerships that led to:

- H1N1 vaccinations in most public and private schools and some workplaces;
- an expanded stream of public information;
- cooperation in delivering the vaccine to the public;
- enhanced flu monitoring.

PHD screened growth and development in 413 infants and toddlers at no cost to families through the Child Find program. A nurse reviews parents' answers to questions about their child's communication, muscle development and problem-solving and social skills, then notifies parents if development is on track or testing is recommended.



## Enforcing the public health laws and regulations



**The Rathdrum Prairie Aquifer is the sole source of drinking water for more than 500,000 people in two states. In 2009, PHD:**

- Assured that 17.8 million gallons of hazardous materials over the Rathdrum Prairie Aquifer were properly managed.
- Reviewed 31 new businesses over the aquifer.
- Assisted 828 active businesses with chemical and wastewater management.
- Visited businesses 584 times to provide guidelines on aquifer protection, review chemical inventory and handling practices, promote recycling, evaluate stormwater management and offer informational material and support.

The Institutional Controls Program that ensures the integrity of clean soil and other protective barriers placed over contaminants left throughout the Bunker Hill Superfund site:

- Issued 690 permits to excavate or grade soil beneath a clean protective barrier;
- Provided environmental information and assistance for 423 land sales or leases;
- Disposed of 11,497 cubic yards of contaminated materials;
- Trained and licensed 618 contractors whose work will disturb clean barriers.

### PHD provided:

- 1,365 food establishment inspections;
- 386 visits to child care facilities;
- 1,591 sewage program visits--inspections, follow-up, pre-opening and final checks on special system installations.

## Helping people receive health services

**To slow the spread of the H1N1 influenza virus in the five northern counties at no cost to the public, PHD:**

- Gave 17,124 H1N1 vaccinations in public and private schools;
- Gave an additional 8,000 H1N1 vaccinations to the general public in 2009;
- Hired 76 nurses and clerical workers on a temporary basis and activated 40 Medical Reserve Corps volunteers to help with vaccinations;
- Operated 54 special public vaccination clinics in health district offices, malls, schools and public libraries.



### PHD's Oral Health program:

- Reached 35 schools with 6,508 children for free fluoride mouth rinse;
- Gave free fluoride mouth rinses to 527 WIC and Head Start participants;
- Provided free sealants to protect teeth to 124 children from lower income families;
- Provided free oral health education to 19,513 people.



PHD's Home Health staff provided **14,703** hours of skilled in-home nursing and therapy care to patients.

Idaho's Women, Infants and Children (WIC) program is a federal assistance program for healthcare and nutrition of low-income pregnant women, breastfeeding women, infants and children under the age of 5. In 2009, WIC underwent the largest transition in more than 30 years. It added fresh fruits and vegetables, baby food, whole wheat bread/corn tortillas and reduced-fat milk for all participants older than 2. It also reduced or eliminated juice.

In 2009, WIC provided nutrition counseling services and food supplements to 58,540 clients in the five northern counties. PHD WIC clients redeemed \$2,891,883 in vouchers at local grocery stores in 2009.

***"You guys are awesome and thank you for helping my family with WIC." --a 2009 WIC client***

## Maintaining a competent public health workforce

- **The equivalent of 133 PHD Preparedness** workers trained on emergency procedures from mass vaccinations to public information to transitioning into emergency mode.
- **Family and Community Health** dedicated **525** hours of training to family planning, STD prevention, epidemiology, breast and cervical cancer screening and nurse continuing education.
- **Health Promotion** staff clocked **172** hours of training in injury prevention, diabetes, oral health, tobacco cessation, child development and child care policies and procedures.
- **WIC staff totaled 439** hours of training in nutrition education, customer service and breastfeeding.



## Evaluating and improving programs and interventions

**PHD's Home Health** interdisciplinary team met 26 times in 2009 to discuss patients in home health care and evaluate how interventions were working. The interdisciplinary team includes nurses, physical, occupational and speech therapists and aides. Home Health's goal is to help patients recover as much independence as possible. Here are some of Medicare's quality findings for 2009:

- 69 % of PHD patients remained home after Home Health care ended. National average: 67%
- 25% of PHD patients admitted to hospital. National average: 29%
- 23% PHD patients needed urgent, unplanned medical care. National average: 22%

PHD's command staff in charge of the health district response to the H1N1 outbreak met daily for three months to assess plans and community needs. As a result:

- Vaccination clinics were held in every county;
- Vaccination appointments were taken to avoid long waiting lines in winter weather;
- An information hotline was activated to answer the public's flood of questions;
- Vaccination hours and locations were varied to fit as many schedules as possible.

***"You should be very proud of your work ethics and daily excellent performance. Thank you from the bottom of our hearts for being there for us and walking us through one of the most difficult times in our lives."*** --family of a PHD Home Health patient

## Contributing to the evidence based practice of public health



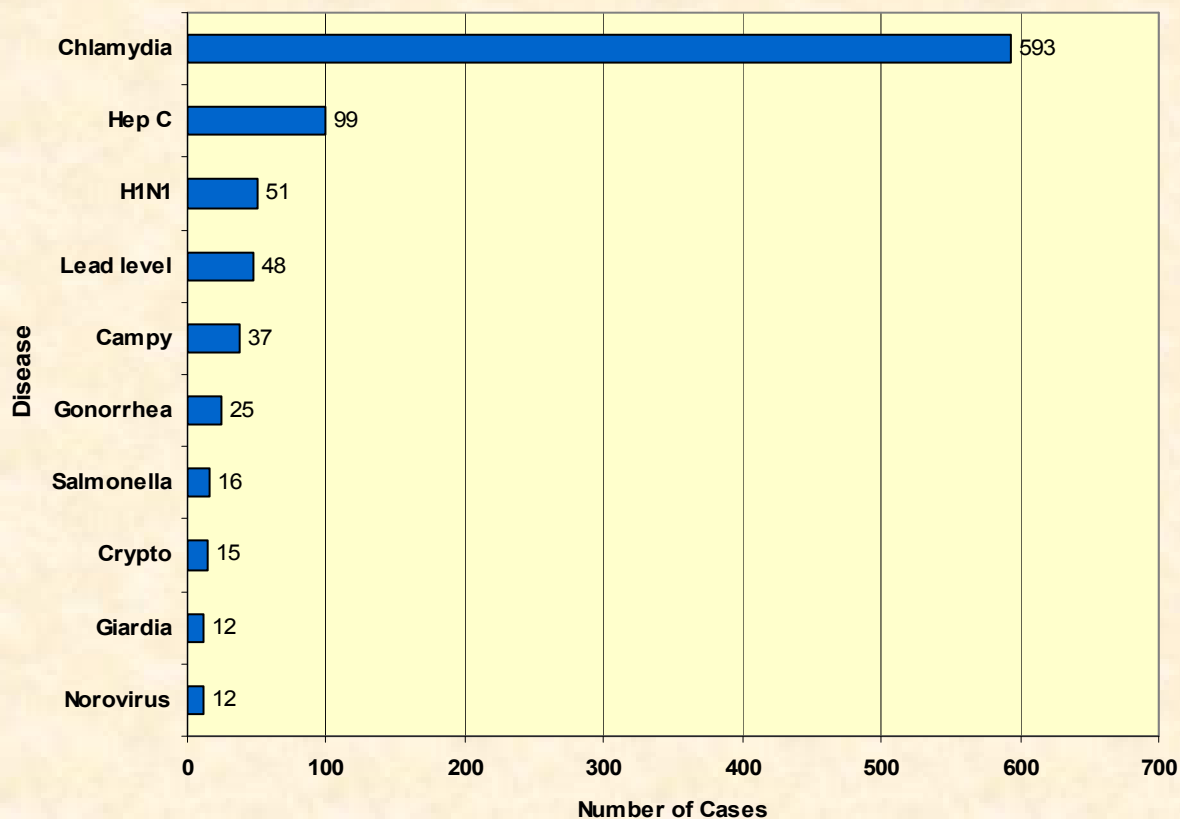
Wallace High School  
teen's winning sticker

Results from PHD's Millennium Fund Adult and Teen Tobacco Cessation programs show they worked:

- 51 of 116 teens quit
- 48 of 116 teens reduced tobacco use
- 37 of 89 adults quit
- 38 of 89 adults reduced tobacco use
- 16 of 64 pregnant or young mothers quit
- 45 of 64 pregnant or young mother reduced tobacco use

# Disease in the Panhandle Health District

Top 10 Diseases for 2009



Annual Reportable Disease Burden

